MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIDDAY FRIENDSHIP ACTIVITIES	Butler-Detoxify Your Liver With Lemons And Limes Jefferson-Top Ten Healthy Ways To Cook Fruits And Vegetables Parsippany-Falun Gong Montville-Cabbage Is Rich In Vitamin C	2 Madison-The Super Fruit That Reverses Skin Aging Mt. Olive-Keep Your Brain Young With Strawberries Parsippany-Senior Fitness Rockaway-Bingo Denville-Soothe Tummy Trouble With Seltzer	3 Chester-Shield Your Tummy With Probiotics Jefferson-What Foods Are Included In The Dairy Group? Montville-Detoxify Your Liver With Lemons And Limes Parsippany-Yoga Dover/Jefferson-Bingo	4 Parsippany-Ways To Lower Your Blood Pressure Naturally Denville-Cabbage Is Rich In Vitamin C Long Hill-Tips To Help You Eat More Fruit Roxbury-What Foods Are Included In The Dairy Group?
7 Dover-Pink Grapefruit Blocks Fat Long Hill-Calcium Is Used For Building Bones And Teeth And In Maintaining Bone Mass Parsippany-Senior Fitness Madison-Osteoporosis: The Bone Thief	8 All Sites Closed	9 Denville-Blood Pressure Screening Rockaway-Tips To Help You Make Wise Choices From The Protein Foods Group Morris Mews-Oranges Are High In Calcium, Potassium, Niacin And Magnesium	10 Jefferson-Spinach Controls Glucose Chester-Brussel Sprouts Are A Good Source Of Vegetable Protein Dover-Cauliflower Is High In Fiber Parsippany-Tai Chi	All Sites Closed
14 Mt. Olive-Shield Your Tummy With Probiotics Dover-How To Build A Healthy Eating Style Long Hill-What Foods Are In The Protein Foods Group? Jefferson-Blood Pressure Screening	15 Butler-Walking Is A Health Boosting Wonder Montville-Soothe Tummy Trouble With Seltzer Chatham-Beans And Peas Are Unique Foods Chester-How Are Oils Different From Fats?	16 Roxbury-Benefits Of Eating Kiwi Fruit Madison-Bingo Denville-Detoxify Your Liver With Lemons And Limes Parsippany-Senior Fitness Rockaway-Bingo	17 Montville-Blood Pressure Screening Chatham-Oils Provide Essential Nutrients Morristown-Oranges Are High In Calcium, Potassium, Niacin And Magnesium Dover/Jefferson-Bingo	18 Rockaway-Pink Grapefruit Blocks Fat Parsippany-Calcium Is Used For Building Bones And Teeth And In Maintaining Bone Mass Roxbury-Top Ten Healthy Ways To Cook Fruits And Vegetables
21 Madison-Brighten Your Mood With Apples Dover-Tips To Help You Make Wise Choices From The Protein Foods Group Long Hill-Detoxify Your Liver With Lemons And Limes Parsippany-Senior Fitness	Chatham-The Super Fruit That Reverses Skin Aging Montville-Thanksgiving Celebration Jefferson-Grapefruit Is High In Potassium Parsippany-Walking Is A Health Booster	23 Morristown-Ways To Lower Your Blood Pressure Naturally Madison-Oils Provide Essential Nutrients Denville-Thanksgiving Celebration Parsippany-Senior Fitness Rockaway/Roxbury-Bingo	24 All Sites Closed	25 All Sites Closed
28 Morris Mews-Yogurt Fuels Fat Burn Long Hill-Tips For Making Wise Choices In The Dairy Group Morristown-Tips To Help You Eat More Whole Grains Jefferson-Blood Pressure Screening	29 Chester-Keep Your Brain Young With Strawberries Parsippany-Tips To Help You Eat More Fruit Montville-Sundae Fun Day Chatham-Brighten Your Mood With Apples Rockaway/Jefferson-Bingo	30 Morristown-Diets Rich In Potassium May Help To Maintain Healthy Blood Pressure Mt. Olive-How Are Oils Different From Fats? Morris Mews-Tips To Help You Eat More Whole Grains	NOVEMBER 2016 ACTIVITIES	